

Meet	Goal Time	Time Trials	B – MICC	A – MICC	B – SAM	A – SAM	B – RH	A – RH	B – MH	A – MH	A – SW	B – SW	B Champ	Prelims	Finals	# of Best Times
Date		June 2	June 14	June 16	June 21	June 23	June 28	June 30	July 5	July 7	July 12	July 14	July 16	various	July 23	
100 IM																
25 Free																
50 Free																
100 Free																
200 Free																
500 Free																
25 Back																
50 Back																
25 Breast																
50 Breast																
25 Fly																
50 Fly																

Personal Best Times

Best Times Sheets

Our coaches truly appreciate the hard work that goes into individual achievement in the sport of swimming. They recognize each swimmer's time improvements as vital to the development of his or her goals and abilities as well as the success of the team. The coaches have set a goal for every swimmer to realize eight (8) or more improvements this summer. When you get 8 best times, you will get a prize from the coach.

Track Your Own Best Times

It is up to you to track your own best times. You will get a time in every event during the Time Trials. Write down your time in each event from the Time Trials in the chart attached below, or download the chart from the Somerset website. Look at the time you swam in the Time Trials and then choose a goal time. You may want to look at the B-Meet Disqualification times and use those times for your goal times. You are responsible for:

- Tracking your own times
- Filling in the chart
- Turning the chart into your coach to receive your prize

How do you find out your times after a swim race?

- Look at the label on the ribbon you receive from your race.
- Click on the Somerset Website under “Swim Team” and “Lineup/Results”— http://www.somersetrec.org/st_lineup.html
- Click on the Midlakes website: <http://www.midlakesswimleague.org/Scoreboard.htm>